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SANITARY HINTS FOR THE SUMMER.

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The prevalence of severe intestinal diseases during the Summer months warrants us in calling attention to the following sanitary hints, especially at this time, when a visitation of epidemic cholera is greatly feared by many persons.

Contentment of mind, such as arises from a knowledge of having provided ourselves with the most favorable conditions of health, is one of the essential safeguards against an attack, and besides, the means that are most efficient in affording protection against cholera are applicable and reliable against the spread of disease in general, for statistics have shown that, when proper sanitary precautions were taken in expectation of epidemic chol-

era, the number of deaths from all diseases during the cholera year was less than the preceding year in which cholera did not prevail.

The authorities are endeavoring to enforce the observance of all the laws of public hygiene, in which they should be aided by a faithful application of the principles of hygiene on the part of individuals.

It is the duty of every housekeeper to ascertain for himself whether his own dwelling is free or not from dangers to health. The landlord who refuses to rectify sanitary defects in his property saves his own pocket at the expense of the health and lives of his tenants; but if the landlord refuses to remedy the evils, the tenant should do it at his own cost rather than expose his family to the risk of illness. It may be dangerous, and it is certainly unwise to await the action of sanitary inspectors to ferret out defects in dwelling houses; time and expense are saved, and much annoyance may be avoided by every householder inspecting his own premises and applying the needed remedy.

VENTILATION.

Thorough ventilation of dwellings must be secured, fresh air being a most important means of promoting health. Keep your houses open, and your windows raised during the day in fair weather, that the sunlight and air may enter freely. Avoid exposure to sudden

changes of weather at night. Keep a fire in the house when the weather is cool and rainy, and so prevent dampness.

CLEANLINESS.

Cleanliness in dwellings and about premises must be scrupulously observed. The cellar should claim attention first. Remove all decaying animal or vegetable matter, and search out the cause of dampness or foul air. Cellar windows should be kept open to allow a free ingress and egress of air; the walls and joists should be swept and thoroughly whitewashed. Pieces of unslacked lime, renewed as often as it crumbles, should be placed in different parts of the floor. The lime is a purifier, a dryer of dampness, absorbs carbonic acid, and oxidizes organic matters. Charcoal well crushed may also be strewn on the floors of cellars with benefit, being a powerful oxidizing agent in the presence of atmospheric air; the charcoal should be frequently renewed. Examine the walls and floor of the cellar to make sure that no cracks or rat-holes communicate with cess-pools or sewers, their liquid contents or their gases finding thus an entrance.

Drain pipes and water-closets should be water-tight, properly ventilated, and must be flushed daily with large volumes of water, and occasionally deodorized by pouring into them a bucket of water to which has been added two or three pounds of copperas.

Yards and alleys should be kept clean. All garbage should be kept in covered receptacles that do not leak, and placed so as to be convenient of access to the garbage collectors. If collections are not promptly and and regularly made, notify the Highway Department, and if this brings no relief, burn the refuse, and notify the County Controller of the collector's delinquency.

One of the first duties of citizenship should be vigilance in guarding against unsanitary conditions everywhere. All violations of sanitary ordinances by citizens, or derelictions of duty by street cleaners and ash and garbage collectors, breaks in sewers, leaking gas mains, dead animals found lying in the street, etc., should be reported to the police or other proper authorities.

PERSONAL HYGIENE.

Personal cleanliness is no less important than cleanliness of habitations. During the hottest weather frequent bathing, the water to be used at a temperature most agreeable to the bather, should be indulged in. If bath-tubs are not to hand, a thorough sponging of the whole body, followed by a brisk rubbing with a towel will answer. Avoid chilling the body by very cold water, or cold drafts of air. Undergarments should be changed daily, if possible, and no clothing should be worn at night in bed that has been worn through the day. Dress comfortably for the season, and if necessarily exposed to the cool air at night, wear an extra garment.

Live temperately, avoid all excesses; fatigue neither body nor mind. Take meals at regular hours, neither abstaining too long nor indulging too frequently. Fresh ripe fruits and vegetables with a limited amount of meat, good bread, and untainted milk should constitute the principal diet. Alcoholic drinks, raw or badly cooked food, and unripe fruits should be avoided.

There is a vast amount of evidence to prove that disease is frequently introduced into the system through the agency of drinking water. Clear water is not always pure, and the taste is an uncertain guide. Muddy water is repulsive to the sight, and offensive to the taste and smell when polluted with decomposing organic matter, and then the water is positively dangerous. Boiling will improve the quality of such water, but should not be relied on too confidently, and must not be kept too long, for it may again become unfit for use. *The addition of chemical substances to impure water will not make it pure.* Filtering removes certain impurities, but filters require frequent cleansing and renewal. Well water from pumps in the built-up sections of the city can never be trusted; there are so many sources of contamination, that it should not be used. In connection with impure water may be mentioned impure ice. Ice cut from a foul pond or polluted river may be purer than the water from which it formed, but is *not pure ice*. Freezing does not destroy the vitality of all microscopic organisms.

TREATMENT.

If Cholera should appear this Summer, the observance of the hints above given will surely lessen its ravages. Whether it appears or not, do not become alarmed if attacked with vomiting, diarrhœa or abdominal pains. *Avoid all purgatives or narcotic remedies, and any and every nostrum vended as a Cholera mixture.* Send for your physician, and until his arrival, use one or other of the following homœopathic medicines according to the indications.

Antimonium crudum.—Diarrhœa at night or early in the morning, stools watery and profuse; loss of appetite, nausea, eructations, and white-coated tongue.

Bryonia alba.—Diarrhœa in *hot weather*; stools brown, thin, or containing undigested food. Worse in the morning on beginning to move; nausea when moving about, and thirst for large draughts of water.

Cinchona.—Yellow or brown watery stools; undigested stools, with much flatulence; worse at night and after a meal.

Croton tiglium.—Yellow, watery stools, which are suddenly expelled with great force; worse after food or drink.

Ipecacuanha.—Watery or slimy diarrhœa; stools fermented, or greenish in color. Nausea predominates and there may be vomiting of whitish or greenish mucus.

Iris versicolor.—Diarrhœa with burning in the rectum

or anus after a passage. Stools bilious. Bilious vomiting with much exhaustion and debility.

Podophyllum.—Yellow liquid stools, with meal-like sediment, occurring early in the morning; stools copious, changeable in color, mostly painless.

Rest in bed, and take little or no food for some hours, and when appetite returns take boiled milk, well-cooked rice, or barley-water until more solid food can be tolerated.

If Cholera is prevailing do not neglect the slightest diarrhoea. Do not get frightened, but make no delay in sending for your physician. Thousands of cases have recovered when properly treated in the beginning of the attack. Keep calm. If with the diarrhoea, a sense of prostration is felt, and your extremities feel cold, go to bed, cover up with warm blankets, and take

Camphor.—One to five drops of the tincture on a lump of sugar every few minutes until warmth returns and sweating ensues. Then lengthen the intervals to fifteen or thirty minutes, and later to one hour until danger is passed. This remedy, the study of which led Hahnemann to predicate that it would do so, has alone cured thousands of cases. Cases arise, however, in which the following medicines, as indicated, prove more efficacious.

Veratrum album.—Excessive vomiting and purging of serous fluid (rice water), with abdominal pains, pale sunken countenance, coldness, cramps in legs, great thirst. Take a dose every few minutes till better.

Cuprum.—Cramps of fingers and toes. Ineffectual efforts to vomit, diarrhoea may have ceased, and there is loud gurgling in bowels. A dose to be taken every few minutes till better.

Arsenicum album.—Sudden and extreme prostration; intense thirst for cold water, which is vomited immediately. Burning distress in stomach. Urine suppressed. Great anxiety. A dose to be taken every few minutes till better.

Until the arrival of your physician scarcely any other medicine will be needed, although there are others he may employ for special reasons. Food will not be required in the beginning of the attack, and such as will be needed during convalescence will be duly prescribed by the medical attendant.

Until the doctor takes charge of the case and gives directions as to disinfection of discharges and soiled clothing, the attendants on a patient should at once remove all evacuations and disinfect them by pouring into the vessel containing the dejections a solution of Chloride of Lime in the proportion of four ounces to one gallon of soft water. The clothing that has been soiled should be immersed immediately in boiling water, to which some of the solution of chloride of lime may be added.